

Active Play for Your Child

Children need to be active every day! Aim for at least 30 minutes of moderate physical activity most days of the week. Moderate physical activity includes things like playing ball, dancing, jumping rope, or taking a walk!

Physical activity builds and maintains healthy bodies, helps control weight, improves self-image, and develops coordination.

Here are some ways to include more physical activity in your child's life:

- Dance together to music.
- Play "hide-and-seek."
- Jump rope together.
- Play catch with a beach ball, sock ball, or yarn ball.
- Go for a bike ride together.
- Play tag and hug your child when you catch her/him.
- Take a walk or hike.
- Go swimming.
- Limit TV watching, video game playing, computer time, and encourage active play.